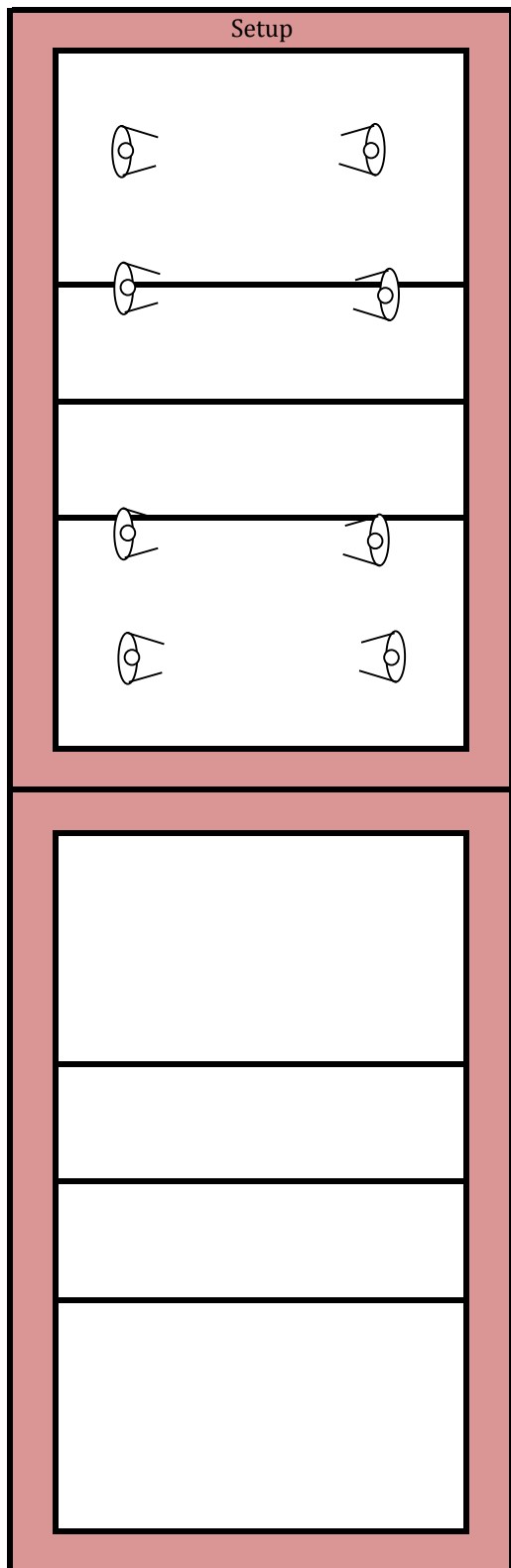


Recommended # of Athletes: 6 +

## Partnered Ball Control



### Set-up

Set up athletes in partners with 1 (and later 2) balls across the gym. Athletes should be parallel to the net with space to move

### Conditions:

Athletes perform a variety of skills together with their partner. Beginning with passing back and forth, passing to self then to partner, and passing to self, twisting 90 or 180 degrees, then passing to partner. Then increase difficulty by passing or setting one ball back and forth while the other is caught and tossed or chest passed by the opposite player

### Purpose/Goal

Increase ball control with a partner  
Work on different aspects of each skill

### Success criteria

Athletes perform skills with proper technique  
Athletes work to complete all skills without dropping the ball

### Reference Points

Communicate effectively and clearly  
Pass the ball to self and partner with lots of height

### Variations

Any number of skills can be included in this drill, including full and self pepper.

### More Difficult

Require pairs to move through a set list of skills included without dropping the ball, when an error is made require them to restart

Legend: Ball's Route = - - - - -> Players Rotation = .....> Players 

